

# *Meditation* for *Awakening Chakras*

**7** SIMPLE **GUIDED MEDITATION**  
TECHNIQUES FOR AWAKENING &  
BALANCING YOUR CHAKRAS



ADVAIT

# **‘Meditation for Awakening Chakras’**

# 7 Simple Guided Meditation Techniques for Awakening & Balancing your Chakras

*by*

***Advait***

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## **Contents**

[What are Chakras?](#)

[Muladhar Chakra / The Root Chakra](#)

[Meditation for Muladhar Chakra / The Root Chakra](#)

[Svadhistan Chakra / The Sacral Chakra](#)

[Meditation for Svadhisthan Chakra / The Sacral Chakra](#)

[Manipur Chakra / The Solar Plexus Chakra](#)

[Meditation for Manipur Chakra / The Solar Plexus Chakra](#)

[Anahat Chakra / The Heart Chakra](#)

[Meditation for Anahat Chakra / The Heart Chakra](#)

[Vishuddhi Chakra / The Throat Chakra](#)

[Meditation for Vishuddhi Chakra / The Throat Chakra](#)

[Adnya Chakra / The Third-Eye Chakra](#)

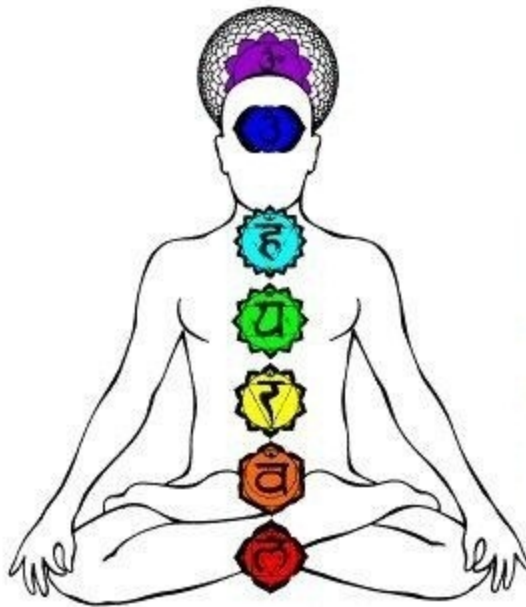
[Meditation for Adnya Chakra / The Third Eye Chakra](#)

[Sahastraar Chakra / The Crown Chakra](#)

[Meditation for Sahastraar Chakra / The Crown Chakra](#)

[Practicing Guided Chakra Meditation](#)

## What are Chakras?



7. The Crown Chakra

6. The Third Eye Chakra

5. The Throat Chakra

4. The Heart Chakra

3. The Solar Plexus Chakra

2. The Sacral Chakra

1. The Base/Root Chakra

I want to keep this book absolutely fluff free, so, I will not talk about how Chakras are the metaphysical entities that are essential for spiritual awakening and how they take you closer to The Divine One and keep you at peace. All I want to do is to make you understand that by awakening and balancing your Chakras you will achieve everlasting health, physically and emotionally and that this book is the best Medical Insurance you ever bought!

**“Energy can neither be created nor can it be destroyed, it only changes from one form to another.”**

The Human body needs energy to sustain life, this essential energy is obtained in two ways:

*The Physical mode* – The food we consume and the air we breathe cause a physical combustion of food and the assimilation of essential nutrients which provide us with the energy we need for survival.

*The Meta-physical mode* – The Omnipresent Universal Life energy is absorbed or channeled into our body.

This Universal Life energy enters the human body at Seven specific points, located on the spine, these points are THE CHAKRAS.

Simply put, The Seven Chakras are the inlet energy taps of the human body.

All these Chakras are associated with certain Glands and Vital Organs and the energy entering the Chakras is lead to them for proper functioning and nourishment.

If a Chakra is Closed, Blocked or Un-Balanced then these Vital Organs and Glands are malnourished leading to further complications and diseases. (Both on a physical and meta-physical level)

For example: If The Anahat Chakra (The Heart Chakra) is blocked or unbalanced then the person is prone to cardiovascular disorders and also to emotional instability.

Here's an interesting scenario.

Imagine that there is a small self-sufficient 'city', and it is divided into seven 'Blocks'.

Each of these block, has a windmill which produces the electricity required by the residents of the particular block.

Now as long as those windmills are functioning properly, the city has power.

But, when one of those windmill malfunctions, the power in that block goes out and the resulting darkness begets crime and gives rise to anti-social elements within that block.

When this happens, the city tries to rectify it by supplying that block with power from the nearby block, which in turn results into power shortages in the next block too.

This creates a chain of power imbalance within the blocks and in a short time the whole city finds itself in chaos.

As you would have guessed by now,

The breath we take (also called as '*Prana*') is the wind energy that rotates the blades of the windmills.

The windmills are our 7 Chakras.

The city blocks represent the cluster of vital organs and glands which are under the influence of those Chakras.

And, the 'City' represents our entire body.

A person whose Chakras are awakened and in a balanced state will be in the best of his/her health.

Also, a consistent harmony between the Chakras will induce a feeling of prosperity, well-being and satisfaction. Such a person can only look forward to spiritual awakening and eternal bliss.

Now, let's get down to business, and awaken & balance your Chakras.

## Muladhar Chakra / The Root Chakra



**Sanskrit Name:**

Muladhar chakra

**English Name:**

The Root Chakra

**Symbol:**

Lotus with four petals.

**Colour:**

Red.

**Location:**

It is Located at the base of the spine.

**Element:**

Earth element.



**Glands it Controls:**

Gonads and Adrenal Medulla.

**Organs it Controls:**

Rectum, Kidneys, and Organs in lower abdomen.

**Food that nourishes this Chakra:**

Spinach, Spices and Pepper.

The Root Chakra is located at the base of the spine, hence the name. It is associated and responsible for the health of the digestive track, intestines and the lower abdominal organs. When this Chakra is balanced, you will feel at peace, confident and secure.

## **Meditation for Muladhar Chakra / The Root Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing

every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Muladhar Chakra]**

- Now concentrate on your Muladhar chakra.
- Take a deep breath and visualize your Muladhar chakra opening.
- Look at the opened Muladhar chakra through the eyes of your mind.
- Your Muladhar chakra will be glowing in an intense red colour and will look like lava, spurting out of the earth's womb.
- Remember and feel the relation you have with mother earth.
- Visualize, red coloured roots sprouting out of your Muladhar chakra and entering the ground beneath you. These roots are holding you tightly to the ground.
- Feel the earth nourishing you through these roots and a feeling of safety and security is settling in and calming you.
- Experience and feel the power with which the mother earth is supporting you.
- Feel the love with which she is holding you.
- The mother earth knows that you are a part of her and she is looking after you with great care and affection.
- Experience the respect and honor the mother earth is bestowing upon you.

- Feel the trust she has in you, when she offers all her abundance to you for your daily survival.
  - Feel the same trust for yourself.
  - Know that you are being loved and nourished.
  - Know that you are a child of this earth and this universe.
  - Accept all the nourishment this earth provides you with an open heart and clear mind.
  - With every breath you take, feel that you are becoming more powerful and more determined and are feeling self-fulfilled to make your own contribution to the beauty and might of the earth.
  - Take a deep breath and promise yourself that you will provide for yourself, take good care of yourself and satisfy every basic need that arises without feeling guilty.
- 
- Remain in this state for the next 2-3 minutes.
- 
- Now, concentrate on your breathing for a few seconds.
  - Rub your palms together and place them on your eyes.
  - Repeat this process 3 times.
  - Slightly move the toes of your feet.
  - Take a deep breath and slowly open your eyes.
  - Chant 'Om' three times.
  - Take a sip of water.
  - Note down your thoughts and the feelings you are having right now on a piece of paper.

## Practicing Guided Chakra Meditation

This is a guided meditation, so you have to follow along with the instructions.

There are 3 ways that you can do this;

1. Get someone to read the steps to you as you perform the meditation.
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## Svadhishthan Chakra / The Sacral Chakra



**Sanskrit Name:**

Svadhistan Chakra

**English Name:**

The Sacral Chakra

**Symbol:**

Crescent moon within A Lotus with 6 petals.

**Colour:**

Orange/Vermilion

**Location:**

Sacrum. (Lower Abdomen region)

**Element:**

Water.

**Glands it Controls:**

Sexual glands. (Testes and the Ovaries)

**Organs it Controls:**

Organs from the lower abdomen region, mainly the reproductive organs.

**Food that nourishes this Chakra:**

Milk and dairy products, Melons, Bananas, Honey, Chocolate, Butter and Red Wine in Moderation.

The Sacral Chakra is located on the spine at the sacral level, hence the name. It is associated and responsible for the health of the sexual organs and Urinary system. When this Chakra is balanced, you will feel free and joyous and you will exude an amazing sexual confidence.

## **Meditation for Svadhisthan Chakra / The Sacral Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing



every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Sacral Chakra]**

- Now concentrate on your Sacral chakra.
- Take a deep breath and visualize your Sacral chakra opening.
- Look at the opened Sacral chakra through the eyes of your mind.
- Your Sacral chakra will be glowing with a bright Orange colour.
- With this beautiful and mesmerizing glow, a flawless consciousness is entering your body and you are feeling a new-found vigor.
- This bright and glistening energy is now moving through your entire body providing you with vigor.
- Experience the power of this bright orange light and the balance it is providing you.
- Now take a breath and become aware of the energetic, powerful, protective, loud and swift masculine energy which resides in you.
- Experience and enjoy this masculine energy while you exhale slowly.
- Now when you take in the next breath, become aware of the soft, delicate, beautiful, loving, caring and mesmerizing feminine energy which resides in you.
- Experience and enjoy this feminine energy while you exhale slowly.

- Take a deep breath and hold it for 12-15 seconds.
- Exhale slowly.
- Again take a deep breath and hold it in for 12-15 seconds and then exhale slowly.
- Now slowly inhale and as you are breathing in, experience the masculine energy and the feminine energy merging together inside you. Feel that both these energies are engaged in an ancient dance which ultimately leads to their union.
- Exhale slowly and then practice deep breathing for the next 30-45 seconds.
- Now experience the mesmerizing combination of your power, your vigor and your sexuality.
- Experience that your sexual needs aren't anything to be felt guilty about. It is perfectly healthy and natural to feel sexually aroused and attracted.
- Remain in this state for the next 2-3 minutes.
- Now, concentrate on your breathing for a few seconds.
- Rub your palms together and place them on your eyes.
- Repeat this process 3 times.
- Slightly move the toes of your feet.
- Take a deep breath and slowly open your eyes.
- Chant 'Om' three times.
- Take a sip of water.
- Note down your thoughts and the feelings you are having right now on a piece of paper.

## Practicing Guided Chakra Meditation

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## Manipur Chakra / The Solar Plexus Chakra



**Sanskrit Name:**

Manipur Chakra

**English Name:**

The Abdominal Chakra / The Solar Plexus Chakra.

**Symbol:**

Downward pointing triangle within A Lotus with 10 petals.

**Colour:**

Yellow

**Location:**

Solar Plexus. (Just beneath the Diaphragm)

**Element:**

Fire. (Since it is related to digestion)

**Glands it Controls:**

Adrenal Glands and the Pancreas.

**Organs it Controls:**

Organs of the digestive system.

**Food that nourishes this Chakra:**

Oranges, Papaya, Apricots, Carrots.

The Solar Plexus Chakra is located on the spine at a level just beneath the diaphragm, hence the name. It is associated and responsible for the health of Stomach, Liver, Pancreas and the Spleen. When this Chakra is balanced, you will feel satisfied and an affectionate adoration towards your loved ones and it induces a feeling of being in control.

## **Meditation for Manipur Chakra / The Solar Plexus Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing

every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Solar-Plexus Chakra]**

- Now concentrate on your Solar-Plexus chakra.
- Take a deep breath and visualize your Solar-Plexus chakra opening.
- Look at the opened Solar-Plexus chakra through the eyes of your mind.
- Your Solar-Plexus chakra will be glowing with a bright Yellow colour, like the after-noon sun.
- Feel this yellow energy spreading throughout your body making you more powerful.
- Experience this power and feel that you have the potential in you to fulfill all your needs and ambitions.
- Visualize that you are living a successful and prosperous life.
- When you visualize that you are living a free, happy and prosperous life, it will provide you a new vigor and it will also create feelings of excitement, expectation and happiness in your mind.
- Experience the blissful anticipation these feelings are causing in your mind.
- Feel that you have infinite potential and can achieve anything if you set your mind to it and give it an honest try.
- Now experience this self-belief increasing your self-confidence manifolds.

- Feel that this increased energy is making each and every muscle of your body vibrate with a peculiar, higher frequency.
- Feel that you have complete confidence in your own abilities and that you are ready to face any challenge or any obstacle that life throws at you and from today onwards, you will look at your problems as opportunities and stepping stones for success.
- Remain in this state for the next 2-3 minutes.
  
- Now, concentrate on your breathing for a few seconds.
- Rub your palms together and place them on your eyes.
- Repeat this process 3 times.
- Slightly move the toes of your feet.
- Take a deep breath and slowly open your eyes.
- Chant 'Om' three times.
- Take a sip of water.
- Note down your thoughts and the feelings you are having right now on a piece of paper.



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## Anahat Chakra / The Heart Chakra



**Sanskrit Name:**

Anahat Chakra

**English Name:**

The Heart Chakra

**Symbol:**

Six pointed star within a Circular flower with 12 petals.

**Colour:**

Green.

**Location:**

Chest.

**Element:**

Air.

**Glands it Controls:**

The Thymus Gland. (It is responsible for a sound Immune system.)

**Organs it Controls:**

Heart, Lungs, Upper limbs, Organs of the Circulatory system and Immune system.

**Food that nourishes this Chakra:**

Cherries, Strawberries, Whole Wheat, Unpolished Rice, Soya bean, Green Leafy Vegetables (especially Spinach).

The Heart Chakra is located on the spine at the level of the Heart, hence the name. It is associated and responsible for the cardiovascular health and the health of the respiratory system and also keeps the immune system healthy. On an emotional level this Chakra is about affection, love, care and romance. This Chakra enables one to give and receive pure love.

## **Meditation for Anahat Chakra / The Heart Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing

every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Heart Chakra]**

- Now concentrate on your Heart chakra.
- Take a deep breath and visualize your Heart chakra opening.
- Look at the opened Heart chakra through the eyes of your mind.
- Your Heart chakra will be glowing with a blissful green colour.
- When the Chakra completely opens, visualize a pink centre at the core of the heart chakra.
- Now visualize that this green and pink coloured light, spreading throughout your body and then your entire body will start shining and glowing in a bright green color with your heart glowing in bright pink colour.
- Feel that your heart has become chock-full of love and compassion.
- Experience the warmth and nourishment that this feeling of love is providing you.
- Surrender yourself to the healing power of love.
- Also, feel and understand that it is the power and compassion emanated by the heart chakra, which will allow you to forgive.
- Feel the calmness and satisfaction you achieve when you feel capable of forgiving others for hurting you and at the same time you have become

capable of forgiving yourself for allowing the actions of others to hurt you.

- Take a deep breath and as you slowly exhale, imagine all the things that have hurt you and caused you heart-ache are being thrown out from your heart chakra, and as they leave you they simply evaporate when they come in contact with the air around you.

- You are feeling extremely light as you slowly exhale.

- Again, take a deep breath and as you are breathing in, push out all the negative feelings and polluted thoughts out of your Root chakra into the ground.

- Now feel that with every breath you take, you are becoming more mature, more compassionate and more forgiving.

- Remain in this state for the next 2-3 minutes.

- Now, concentrate on your breathing for a few seconds.

- Rub your palms together and place them on your eyes.

- Repeat this process 3 times.

- Slightly move the toes of your feet.

- Take a deep breath and slowly open your eyes.

- Chant 'Om' three times.

- Take a sip of water.

- Note down your thoughts and the feelings you are having right now on a piece of paper.

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## Vishuddhi Chakra / The Throat Chakra



### **Sanskrit Name:**

Vishuddhi Chakra (Vishuddhi = Purification)

### **English Name:**

The Throat Chakra / The Chakra of Purification

### **Symbol:**

A Circle housed within a downward facing Triangle, which is housed in a flower with 16 petals.

### **Colour:**

Blue / Turquoise

### **Location:**

Throat.

### **Element:**

Sound. (The base element is 'Air', since air when modulated creates sound)



**Glands it Controls:**

Thyroid

**Organs it Controls:**

Throat, Neck and other Oral organs.

**Food that nourishes this Chakra:**

Mushrooms, Bananas, Kelp, Wheat Grass juice.

The Throat Chakra is located on the spine along the throat, hence the name. It is associated and responsible for the health of the Throat, Neck and the Thyroid Gland. When this Chakra is balanced, it induces proper growth and you will feel aware about the people around you and you will feel active creatively.

## **Meditation for Vishuddhi Chakra / The Throat Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing

every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Throat Chakra]**

- Now concentrate on your Throat chakra.
- Take a deep breath and visualize your Throat chakra opening.
- Look at the opened Throat chakra through the eyes of your mind.
- Your Throat chakra will be glowing with a glistening bright blue colour.
- Now visualize this blue colour having a bit of greenish hue, spreading around your throat and the back of your neck.
- Take a breath and visualize this colour further spreading to your shoulders, your lower jaw and to the base of your tongue and then to your ears.
- As you slowly exhale, visualize all the organs you need to talk and to listen, glowing in this cool blue light.
- Feel that your ears have become clean and light.
- Now feel that with each breath you take in, your communication skills are increasing manifolds.

### **[Take 7-8 deep breaths]**

- Now feel that you can communicate your thoughts clearly, fluently, patiently, calmly and righteously.
- Feel that the whole world is ready to listen, when you start to speak.

- Take a deep breath and as you inhale, understand that when communicate you don't just talk, you also listen.
  - Now you feel capable of listening calmly to the other person and understand his/her point of view.
  - take a few deep breaths.
  - Now feel that you are ready, not only to listen to others, but also you are now ready to listen to your own soul.
  - Experience that your thoughts and your voice has the potential to change this world.
  - Now observe your own body and feel the calmness that you have just found.
  - Remain in this state for 2-3 minutes.
- 
- Now, concentrate on your breathing for a few seconds.
  - Rub your palms together and place them on your eyes.
  - Repeat this process 3 times.
  - Slightly move the toes of your feet.
  - Take a deep breath and slowly open your eyes.
  - Chant 'Om' three times.
  - Take a sip of water.
  - Note down your thoughts and the feelings you are having right now on a piece of paper.

## Practicing Guided Chakra Meditation

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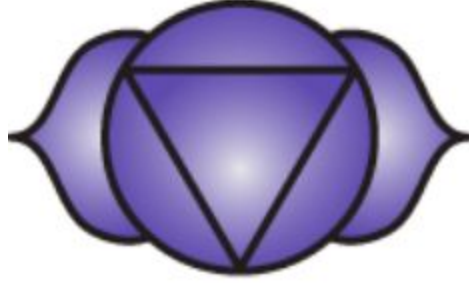
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## Adnya Chakra / The Third-Eye Chakra



**Sanskrit Name:**

Adnya Chakra

**English Name:**

The Third Eye Chakra

**Symbol:**

A Lotus with two petals.

**Colour:**

Violet / Indigo.

**Location:**

Half a centimeter above the midpoint between the two eyebrows.

**Element:**

Light.

**Glands it Controls:**

Pineal Glands.

**Organs it Controls:**

Eyes, Ears, Nose and Brain.

**Food that nourishes this Chakra:**

Wheat, food stuffs rich in Vitamin E and Vitamin A, Sprouts.

The Third Eye Chakra is located at the point of the third eye, hence the name. It is associated and responsible for the health of the eyes and the entire nervous system. When this Chakra is balanced, you will feel an insightful awareness and also feel very clairvoyant.

## **Meditation for Adnya Chakra / The Third Eye Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
- Feel the warmth between your palms.
- As you breathe out slowly, the beam of light travels down your spine from the neck to the base of your spine.
- With the next breath the white light illuminates your back, chest, stomach and lower abdomen. Energizing and invigorating each and every organ, muscle and nerve in your torso.
- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing



every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Third Eye Chakra]**

- Now concentrate on your Third Eye chakra.
- Take a deep breath and visualize your Third Eye chakra opening.
- Look at the opened Third Eye chakra through the eyes of your mind.
- Your Third Eye chakra will be glowing with a glistening Indigo-blue colour.
- Take a deep breath and as you inhale let this Indigo-blue colour spread all through your head.
- Now your entire head is glowing in this colour and is emanating an iridescent glow of this Indigo colour.
- Think of the dark blue colour, we see in the sky, after sunset, just before night-fall.
- Visualize that colour of the sky coming out of your Adnya chakra and entering your eyeballs.
- Feel that your eyes are being nourished by this light, with every breath you take.
- Maintain this feeling for the next minute or so.
- Now, take a deep breath and understand that you are an important part of this world and your happy existence is extremely crucial for the well-being

of the entire universe.

- Understand that you are a child of this earth and you are important.
  - Feel that all people in your life make your life colorful, interesting and happy.
  - You might know some of these people for years and would be very fond of them, while some might have come into your life more recently.
  - Accept everyone with love and gratitude. Feel that you all could together work towards achieving success, prosperity and peace.
  - Understand and recognize your potential and your importance in the proper functioning of this whole wide world.
  - Remain in this state for the next 2-3 minutes.
- 
- Now, concentrate on your breathing for a few seconds.
  - Rub your palms together and place them on your eyes.
  - Repeat this process 3 times.
  - Slightly move the toes of your feet.
  - Take a deep breath and slowly open your eyes.
  - Chant 'Om' three times.
  - Take a sip of water.
  - Note down your thoughts and the feelings you are having right now on a piece of paper.

## Practicing Guided Chakra Meditation

This is guided meditation, so you have to follow along with the instructions.

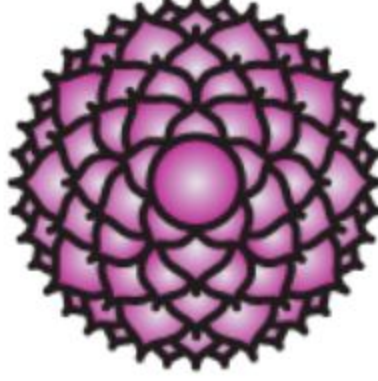
There are 3 ways that you can do this;

1. Get someone to read the steps to you as you perform the meditation.
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## Sahastraar Chakra / The Crown Chakra



**Sanskrit Name:**

Sahastraar Chakra (Sahastraar = A Thousand Petals)

**English Name:**

The Crown Chakra

**Symbol:**

A Lotus with Thousand petals.

**Colour:**

Multicolored or sometimes White.

**Location:**

Just above the Crown of the skull.

**Element:**

Space.

**Glands it Controls:**

The Entire Central Nervous system.

**Organs it Controls:**

Cerebrum, Spinal Cord and Organs of the Nervous System.

The Crown Chakra is located on the crown of the skull, hence the name. It is associated and responsible for the health of the pineal glands and the nervous system. When this Chakra is balanced, you will feel extremely satisfied and blissful. It is the most spiritual Chakra.

## **Meditation for Sahastraar Chakra / The Crown Chakra**

- Locate the Chakra.
- Take a deep breath.
- Imagine all the negative thoughts and harmful toxins in your body are getting out from the heels of your feet and the Muladhar Chakra / Root Chakra.
- Exhale slowly.
- Return to your normal breathing pace.
- Relax your body completely.
- Again, take a deep breath and while breathing in, visualize a beam of intense and bright white light entering your body through the top of your head and reaching the base of your skull.
- As you slowly exhale, the beam of light illuminates your neck, energizing each and every muscle and nerve in your neck.
- Breathe in slowly and as you inhale, the bright white light spreads through your shoulders and into your arms and finally reaches your fingers, all the way nourishing your hands as it spreads.
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- Slowly exhale.
- Then as you slowly inhale, the bright light travels down your legs and reaches your toes, illuminating your legs, and at the same time nourishing

every tendon and muscle of your legs.

- Continue normal breathing and now your entire body is glowing in a bright white light and this bright energy is removing every toxin and burning every negative thought out of your body and at the same time is repairing the wear and tear of your body.
- Feel that every organ in your body is completely relaxed.
- Remain in this state for a minute and experience the new-found peace and balance within your body.

### **[Now we will open the Crown Chakra]**

- Now concentrate on your Crown chakra.
- Take a deep breath and visualize your Crown chakra opening.
- Look at the opened Crown chakra through the eyes of your mind.
- Your Crown chakra will be glowing with a glistening Pearl White colour.
- Feel that the universe is bestowing upon you an abundance of knowledge which is crucial for your and the earth's survival.
- While your whole body is glowing in this pearly white colour feel the strong bond you share with the cosmic divine.
- Take a deep breath, and as you inhale visualize that your pearly white glow now has a glistening Violet border.
- This Violet colour is now spreading all around you, as you slowly exhale.
- Maintain this feeling for the next minute or so.
- Now with every breath you take, feel your mind being filled with positive thoughts and a strong desire for the well being of this world.
- Take a few deep breaths.
- Now feel this positive energy moving around inside your body.

- Feel that with every breath you take, your senses are intensifying manifolds.
  - The universe is providing you with love and affection, with an intensity which you have never experienced before.
  - Experience that this great flow and abundance of energy has turned your body into a human flask, where the cosmic divine energy and the human biological energy combine together.
  - Feel that this new-found confluence of energy is healing all your ailments, it is curing you of all your diseases and is completely and absolutely balancing you and it is tuning you in Sync with the universe.
  - Remain in this state for the next 2-3 minutes.
- 
- Now, concentrate on your breathing for a few seconds.
  - Rub your palms together and place them on your eyes.
  - Repeat this process 3 times.
  - Slightly move the toes of your feet.
  - Take a deep breath and slowly open your eyes.
  - Chant 'Om' three times.
  - Take a sip of water.
  - Note down your thoughts and the feelings you are having right now on a piece of paper.



## Practicing Guided Chakra Meditation

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There are 3 ways that you can do this;

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## Forming a Routine

You should **NOT** perform all these 7 Guided Meditations back to back in one session.

At the most, practice 2 of these meditations on a given day.

Don't get me wrong, carefully read what I am writing below.

You can perform one single meditation, for any number of times in a day.

You can practice Root Chakra meditation for 10 times a day and it will be fine.

But DO NOT practice Root Chakra, Sacral Chakra and Manipur Chakra meditation on a single day together.

If you want, you can practice any two meditations on a given day, but not more than two.

Lastly, please don't come up with any excuses to avoid them, Meditation is an Easy, Effective and Effortless as Chakra Awakening and Balancing could get.

## **Meditation MP3's**

I have recorded these guided meditations in my own voice, for my own meditation sessions. I am sharing it with you.

Download the audio files and follow along.

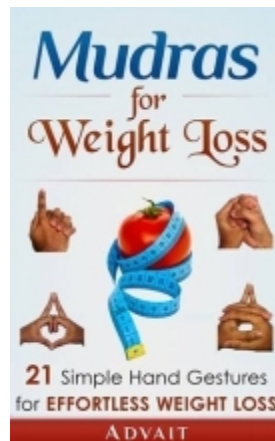
Get the Chakra Meditation Audio files [HERE](#)

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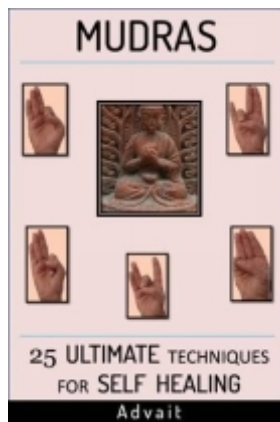


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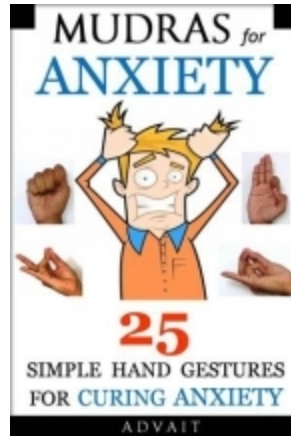


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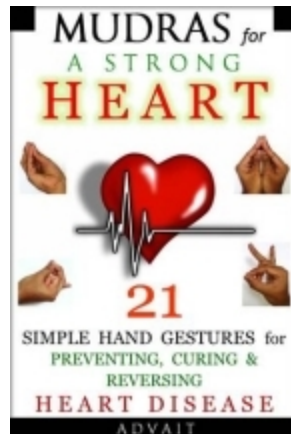


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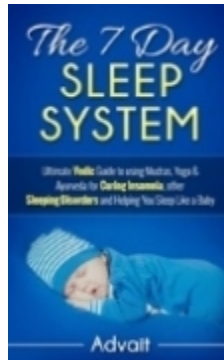
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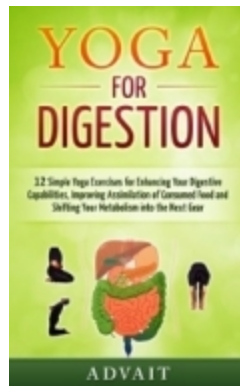
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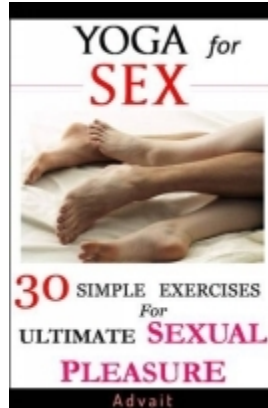


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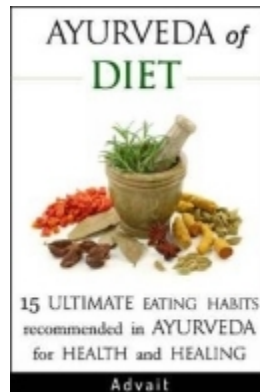


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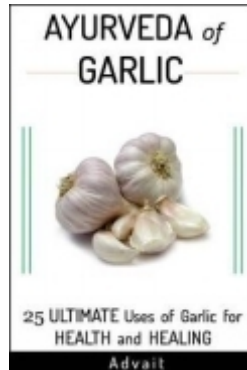
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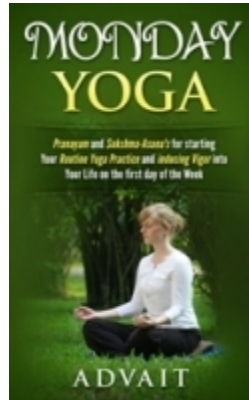
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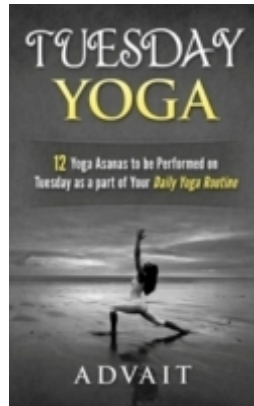
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Monday Yoga: Pranayam and Sukshma-Asanas for starting Your Routine  
Yoga Practice and Inducing Vigor into Your Life on the first day of the  
Week



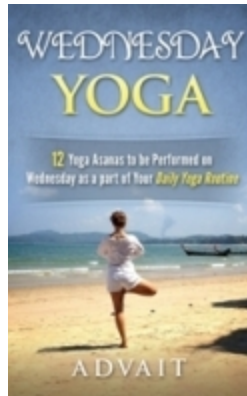
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Tuesday Yoga: 12 Yoga Asanas to be performed on Tuesday as a Part of  
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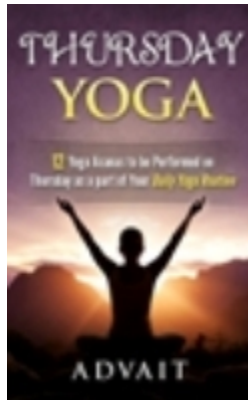
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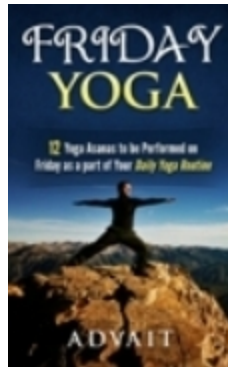
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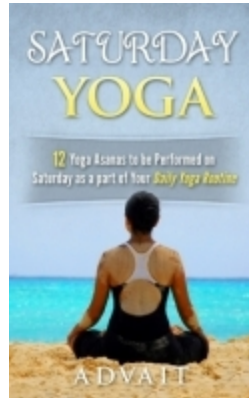
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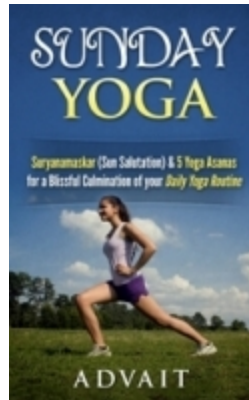


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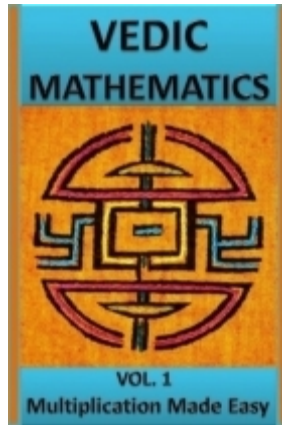
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